

Yoga Spirit Academy
Teacher Training Program
APPLICATION

To apply to the Yoga Spirit Academy Teacher Training Program, submit this application, an enrollment agreement, and \$100 application fee (\$50 for re-admission) to: **Yoga Spirit Academy, 11134 E. 75th Pl, Tulsa, Oklahoma, 74133-2518**, or send your completed form to jparachin@cox.net and submit payment using PayPal. If you have any questions, contact us at 918-261-9786.

Application Deadline

Applications are due December 20 for a January/February start OR June 20 for a July/August start.

Student Information

Name _____ Gender _____ Age _____

Nickname (if applicable) _____

Address _____

City/State/Zip _____

Telephone (Home) _____ (Work) _____

(Cell) _____ Email _____

Emergency contact (name, phone number, and relationship)

Additional school policies and course outlines are contained in the school catalog.

Certification and Signature

I wish to begin classes in January February July August

I attached the Enrollment Agreement for the Yoga Teacher Training Program. I am paying the \$100 application fee by check, online, or in cash, OR I am applying for re-admission and am paying the \$50 application fee by check, online, or in cash.

I have answered the application questions completely and am submitting them with this application.

I have participated in at least 20 yoga classes in the past six months.

Signature: _____ Date: _____

Please answer the following questions on a separate sheet of paper:

1. Describe your background as a student of yoga. Who have you studied with? Have you taken workshops or attended a training program before? What books and videos have been influential for you?
2. Why do you want to take the training program? What specifically do you want to learn during the program?
3. How would you make use of a yoga teacher certification?
4. Do you have other certifications?
5. Do you have any injuries that we should be aware of? If so, please tell us about them, including any contraindications your health care professional recommended to you.
6. Please tell us about yourself: family, occupation, education, hobbies, etc.
7. Do you have a personal yoga practice? If so, what does it consist of?
8. If you currently teach yoga, do you teach a particular style? Where do you teach?
9. If you are not yet teaching yoga, do you plan to teach in the future? If yes, is there a particular style you would like to teach?
10. Have you studied meditation? If so, for how long and what style(s)? Do you have a personal meditation practice?
11. Have you studied pranayama (breathing)? If so, for how long and what style(s)? Do you have a personal pranayama practice?
12. Have you studied any energy systems (qi gong, tai chi, reiki, chakras, nadis, Chinese medicine, etc.)? Which ones and for how long?
13. Have you studied anatomy and physiology? What courses have you taken and how recently have you taken them?
14. Is there anything else that you would like to share with us?
15. How did you hear about the program?